

# Naval Air Facility El Centro, Ca

## The Sandpaper

Volume 5, Issue 10

"Pearl of the Desert"

September 2002

## The Legacy of Capt Crane

36 Years  
of Military Service



Pvt. Crane 1962

He is described as honest and fair, as someone who is people oriented, focusing on quality of life issues, and who always made you feel like he really knew you.

Others described him as an effective leader who identified with the needs of the military enlisted, as being very athletic for a 58 year-old man, but most of all, as an individual whose interest in his Sailors was always at heart.

"We are not out on the tip of the spear fighting, but the spear would not be there were it not for the training received at NAF El Centro. Each Sailor must realize their importance to our success. I have had a successful career and it could only be accomplished because of workers like those we have here, whether they be military or civilian."

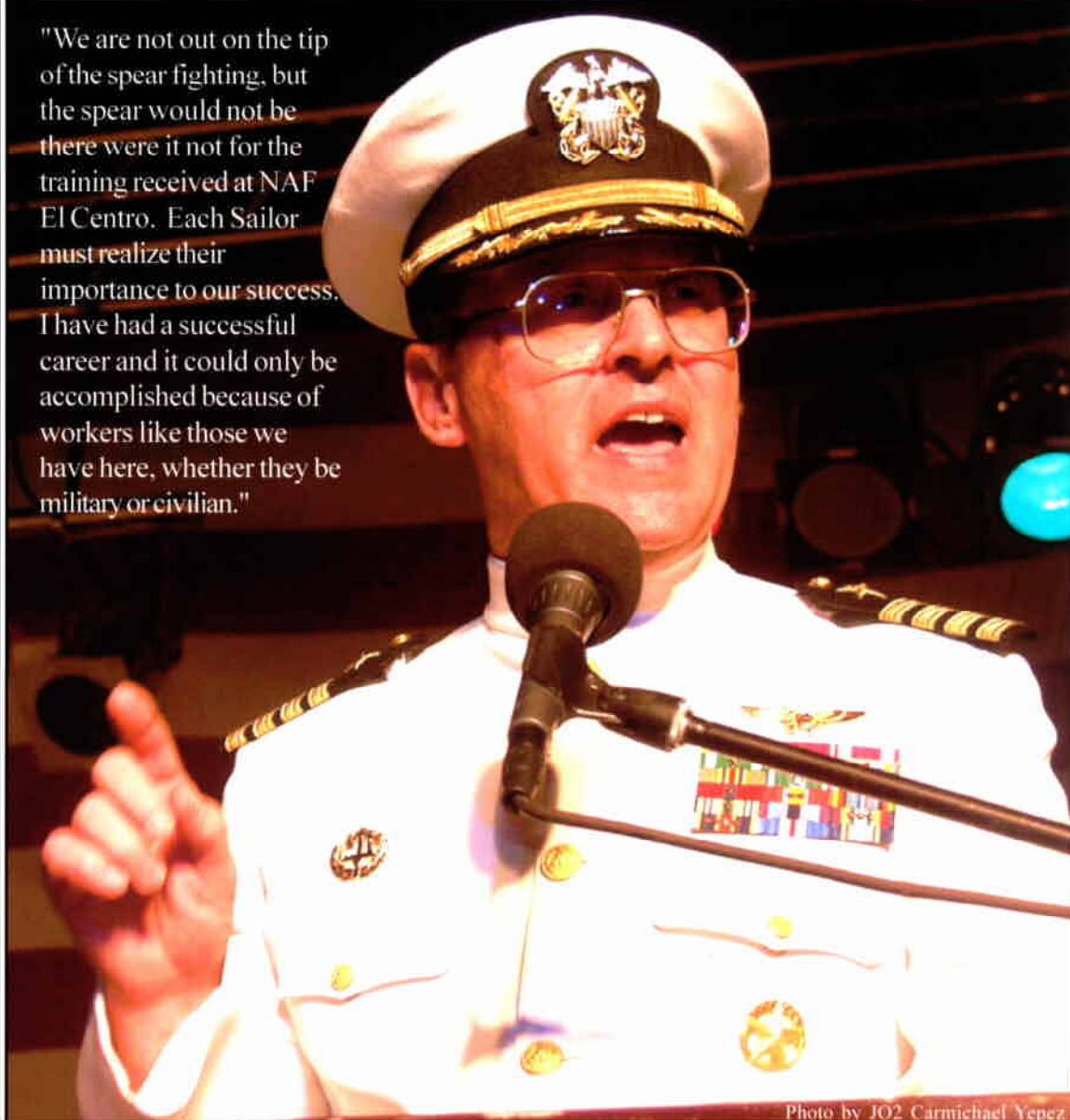


Photo by JO2 Carmichael Yepes



A new LT pg. 12

## Inside

- An inside look on how to make Chief pg. 3
- "The Right Spirit Campaign"
- Alcohol is no longer the hip thing to do pg. 9
- Navy League welcomes Admiral Betancourt pg. 9
- He makes small creations out of folded paper
- "Origami Master" pg. 11
- The Super Hornet comes to NAF pg. 11



Loading up the birds at the CALA  
pg. 6,7

Plus:  
How much  
more  
will you be  
getting paid?





# Taking Advantage of Your Tour at NAF

By CDR Peter Hayes

*Executive Officer*

As the Executive Officer, I get to meet all of the new check-ins at NAF El Centro and I always ask why they joined the Navy. A lot of people join the Navy to see the world, yet being stationed in the sunny Southern California Desert isn't exactly what they thought the recruiter had in mind. To make sure that you have a successful tour, both professionally and personally, here at NAF El Centro you need to "take advantage of what NAF El Centro offers."

For anyone wanting to further their education, Vincennes University presents many opportunities. They offer general college courses that can lead to a degree, Spanish which can make those trips to Mexico much more fun and Management courses which can strengthen your leadership skills. Stop by the Vincennes office or call Kim Braunbeck at (760) 339-2986 for more information.

Those of us with

families, living in a secure area where we are home every night with our family is one of the greatest things about being assigned to NAF El Centro. Being able to go bicycle riding and spending time with my family at the swimming pool will be one of my fondest memories of NAF El Centro.

The local community has a lot to offer if you look for it. For those of you with cars, if you offer people without cars a ride if they help with the cost of gas you will be able to do a lot more. For those of you without cars, paying for gas is an easy way to get a ride. Yuma, Palm Springs, San Diego and Los Angeles are a good place to go for the weekend or even for a day trip.

MWR has a lot to offer including camping gear, bowling, go-carts, jet skis, bicycles, small boats, the Cyber Café, Captain's Cup events and cheap tickets to local area (including San Diego and Los Angeles) attractions and events. MWR's job is to help you have fun, they want to do their

job well. Take advantage of what

they offer!

San Diego offers professional football, a world renowned zoo, Sea World and many cultural activities such as museums. Los Angeles has California Adventure Land, Disney Land and Six Flags as theme parks. Get out and do things!

As a final thought, I would encourage you to have short term and long term goals for your tour here at NAF El Centro. Your goals should include some professional items, regardless of whether or not you plan on making the Navy a career, and some personal goals. You also



need to make sure that you have some fun. We want everyone to make the most of their tour and have it both personally and professionally rewarding.

Hi, I am LT David Rodriguez, the new Legal and Public Affairs Officer. My office is located in room 105 in Bldg. 214. If you have any questions regarding legal or Public Affairs matters, feel free to stop by the office, or call me at 339-2673.



Photo by JO2 Carmichael Yopez



## 2002 Navy Ball

### Saturday October 5, 2002

# A night of Elegance and fun

## NAF El Centro Mirage Club

*Honoring the 227th Anniversary of the U.S. Navy*

## The Sandpaper

September

Commanding Officer  
CAPT Larry Crane  
Executive Officer  
CDR Peter Hayes  
Command Master Chief  
CMDICM Vince Seay

*The Sandpaper* is an authorized publication for members of the military services and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense (DoD), or the U.S. Navy and do not imply endorsement thereof.

## Editorial

**Public Affairs Officer**

LT David Rodriguez

**Sandpaper Editor**

JO2 Carmichael Yopez

yepez.carmichael.e@nafec.navy.mil

**Sandpaper Sup/Webmaster**

ITCM(SW) Douglas Lattimer

www.nafec.navy.mil

**Style Editors**

YNC Michael Merrick

Gabrielle L. Steinau

YN1 Michael Martin

NAF's most enjoyed paper

Don't throw away! Pass on to the next reader.



# What it akes to make

## *Making the board is the easy part*

### Comments from the FY03 CPO Selection Board

By **ITCM(SW) Doug Lattimer**  
*Admin Officer*

I recently had the privilege of sitting in the FY03 CPO Selection Board. It was a very rewarding experience and I would recommend it to anyone who gets the opportunity. Chiefs and Senior Chiefs are also eligible to act as Panel Recorders for the board. For them it is a great way to see the process firsthand and learn a lot about the things they need to do to advance.

The board looks at your LAST FIVE YEARS of service. We are looking for a good Sea/Shore rotation, leadership experience, qualifications, initiative, education, community service, collateral duties and as always, **SUSTAINED SUPERIOR PERFORMANCE!**

Your basic data is found in your PSR and Microfiche, however your EVALUATIONS are the most important documents looked at by the board and are the primary determining factor on how your career is perceived by board panel members. Make sure what you are doing is documented.

For E-6's this has been obvious, however, for the E-5's out there thinking that they do not have to worry about their evaluations yet, consider this, a

majority of the Evaluations we looked at per individual consisted of up to THREE E-5 evaluations. If you were an EP and getting an early look your E-5 Evals were extremely significant. What was written in them was as important as what we read in the E-6 evaluations.

#### **Common Strengths that this years Selectees had were:** **DEMONSTRATED LEADERSHIP:**

Consisted of displayed technical expertise, leadership as LPO, training and mentoring junior sailors, positive contribution to command climate.

**DEMONSTRATED INITIATIVE:** Achieved appropriate in-rate qualifications, Stood watches outside of rate which helped the command, involved with projects that helped the entire command, and achieving warfare qualifications when given the opportunity.  
**SUSTAINED SUPERIOR PERFORMANCE:**

Consistent upward trend in evaluations and breakouts. Downward trends sometimes happen but should be explained in evaluation write-up (i.e. new reporting senior, decrease in competitive group size etc...)

#### **WELL ROUNDED SEA/SHORE ROTATION:**

Take the tough in-rate assignments (*Tough = AT SEA*); Recruiting, Recruit Division Commander and Instructor duty are all good billets, handing out basketballs at the gym are not. If

you take an out of rate assignment make sure you get back to an in rate assignment for your next tour, consecutive out of rate assignments will not help you.

**COLLATERAL DUTIES/COMMUNITY INVOLVEMENT:** Should be Meaningful experience not just space fillers; make sure your write-up discusses command or community impact. Coffee Mess PO is NOT a collateral duty! Outstanding Volunteer Service Medal says it all in respect to community service.

#### **Common shortcomings in the non-selects were:** **NJP/PRT FAILURES:**

Both can be overcome with time, DUI's will take up to five years to overcome. For PRT Failures, if it's a one-time blip on your record you may recover sooner, but multiple failures or a failure the year of selection will kill you.

#### **LACK OF QUALIFICATION/DOCUMENTATION:**

Make sure your qualifications are in your record. The Master Chief's reviewing your record know what qualifications you should have, if you do not have them or they are not documented it will hurt you. Again not getting qualifications such as ESWS or Master Training Specialist when you have the opportunity will definitely hurt your chances.  
**LACK OF BROAD IN-RATE EXPERIENCE:**

Do not lock yourself in to one aspect of your rating. Seek a wide range of in-rate experience; make yourself upwardly mobile,



## Chief

taking the same job over and over will not help you.

### **KNOW WHAT IS IN YOUR RECORD!**

This year we had packages of up to 189 pages, most likely 95 percent of it unnecessary. Only send items NOT in your microfiche record. In other cases we were missing important evaluations or documentation. What does that mean? You must plan in advance, order your microfiche early, review it and send only the information the board cannot get from your record. *Remember your service record is YOUR responsibility.*

### **If your desire is to advance you have to ask yourself some questions.**

- Have I been to Sea in the last five years?
- Am I filling a leadership or supervisory billet?
- What am I doing to put myself in a position to do so?
- Am I learning available qualifications?
- Am I taking advantage of education opportunities?
- Am I taking the hard jobs?

If your answer is no to any of the above then you need to need to change it, there are a lot of factors considered but those above stand out. If you need further assistance evaluating your record ASK THE CHIEF'S, They are there and know what it takes.

Congratulations to our new  
**CHIEFS.**

Combined Federal  
Campaign

Sep 23 - Dec 13

### Change of Command OCT 25, 2002

NAF personnel will wear large medals w/ribbons for the change of command. Medals must be mounted. An easy and professionally mounted set can be ordered on-line at [www.Ultrathin.com](http://www.Ultrathin.com), or have them mounted at the exchange. Ribbons without corresponding medals are worn in reverse order on the right-hand side. Don't wait to the last minute!



Shift to  
Winter Blues  
October 28





# The Legacy of Capt. Larry W. Crane



By JO2 Carmichael Yezpe  
Editor

He always knew he wanted to serve his country. During his senior year in high school, his classmates projected that in 20 years he would still be in the Marine Corps. His father had been wounded twice in WWII and the husband's of his three sisters served in all branches of the armed forces. His

Classmates made a good projection of his career thinking he would retire after 20 years. But what they did not know was that the projection they had made was a little short, because his military career would extend to almost 40 years.

CAPT Larry W. Crane was born in Ottawa, Kansas, on OCT 13, 1944. After graduating from Ottawa High School in 1962, he

enlisted in the United States Marine Corps. "I always wanted to serve my country," said Crane. "Even my classmates knew it. During our senior year, we had to make a projection to see where we would be in 20 years. They said I would be serving America in the Marine Corps. Well, after 36 years I'm still serving, just not in the Marine Corps."

One of CAPT Crane's goals was always to get a college education. After graduating from high school he wasn't ready to take on that challenge, so he decided to take a greater challenge and enlisted in the Marines, where he served for six years. One of his most interesting assignments was serving at the American Embassy in Ankara, Turkey, where he formed part of the security force. Upon his return to the United States, he served his last tour in the 5<sup>th</sup> Tank Battalion in Camp Pendleton, Calif., and was honorably discharged in August of 1968.

In December of that same year, he married his wife Vicki, who he had met five years earlier while on Christmas leave back home. "After six years in the Marine Corps, I knew that a college education was needed for me to meet my goals in life," said Crane. He enrolled at Kansas State Teacher's College, where he earned a Bachelor of Science degree with a major in Social Studies and was certified to teach five high school subjects.



CAPT Crane accompanied by his wife Vicki was the Grand Marshal at the El Centro Annual Los Vigilantes Parade held in December. CAPT Crane also participated in the Holtville Carrot Festival Parade.

"When I enlisted in the Marine Corps, very few enlisted members had any advanced education. But in today's environment, advanced education is a must," Crane added.

With college out of the way, CAPT Crane was now ready to continue the career he had always wanted to pursue. After finding out the Navy offered the best officer programs compared to the other services, he enlisted in the Navy and in 1973 was commissioned as an Ensign. Upon his designation as a Naval Flight Officer, he joined the P-3 community, commonly referred to as Submarine Hunters.

Throughout his military career CAPT Crane has served throughout the world. He participated in many deployments to include UNITAS-31 and Operation Desert Shield. He has served as an instructor for the P-3C aircraft, and in 1980 was sent to the Netherlands where he helped set up the P-3 training



Ensuring his Sailors always looked their best was one of CAPT Crane's top priorities. Far left, CAPT Crane inspects NAF Sailors during a Whites Uniform Inspection. Being the Commanding Officer also meant being the center of attention for the local media during special functions, or events. Left, CAPT crane is interviewed by local reporter Milrose Baseo from channel 13.



# Thirty-six years of honorable service



When distinguished visitors come to NAF, it is CAPT Crane who takes them for a tour of the base. Above, he explains to Congressman Bob Filner the importance of the base.



Captain's Cup is the most popular athletic program on base, and the one person who played in every single event was the Skipper himself.



One of the most exciting privileges of being the NAF El Centro Commanding Officer is serving as a Guest Speaker at local community events. Above, CAPT Crane was the Guest Speaker at the Fourth of July Freedom Fest.

program for the Royal Dutch Navy. He led three commands. He commanded a P-3 Squadron (VP-23) in Brunswick, Maine, he was the Commanding Officer of NAF Adak Alaska, and most recently NAF El Centro. During this time, he also managed to receive two Masters degrees, one in Business Management, and one in National Security and Strategic Studies.

Prior to assuming command at NAF El Centro, CAPT Crane served as the Naval Attaché at the U.S. Embassy in Jakarta, Indonesia. "I have been very fortunate to have served around the world," said Crane. "I have precious moments from every place that I will always remember. But, there was always something that stood out, the people."

CAPT Crane assumed Command of Naval Air Facility El Centro on OCT 6, 1999. His mission was to provide the best training site possible. "At NAF El Centro, we try to provide the

best training site possible, with accommodations that a person should be proud of. We want those visiting personnel who come here to train to go back to their home bases and tell people the advantages of NAF El Centro."

During CAPT Crane's tenure, the base has made some of the greatest improvements since the fire of 1964, which almost destroyed the entire base. In 2000, Sailors celebrated the opening of the Cyber Café, a place for single Sailors to hang out. The Cyber Café has computers where Sailors can communicate with their families via the Internet, enjoy a number of game stations, a big screen TV, a movie library, and a refreshment bar. In March 2000 a ribbon cutting ceremony was held in celebration of a 6.4 million dollar remodeling project done at the Wherry Housing units. In October of the same year Blue Angel's Park, which has become an icon in the Imperial

Valley, was dedicated. In the next two years a new gymnasium and Child Development Center were built, and Shaded Structures to provide cooler work areas on the flight line. In July of 2002 Sailors witnessed the Ground Breaking of a new 15.6 million dollar Transient Barracks Project, and most recently the opening of two water slides at the big pool. In addition, he initiated the Captain's Cup Program, an intramural sports program, which has had great success.

He initiated the program not only because he believed it to be a big morale booster, but also because he is a sports enthusiast himself. "For a 58-year old guy he can sure play basketball," said Laurie Bauer, MWR Athletic Coordinator. "Not only basketball, but he plays in every sports event we have. He is a great softball player; and on the golf course he is one of the best golfers, and the most popular guy on the 19th hole. This program

would not be that successful if it were not for the support we get from him."

On October 25 CAPT Crane will be piped ashore and relieved of the watch he has stood for almost 40 years. He will take with him an imprint of everlasting memories of the many places and people he has met, but most importantly he will leave knowing he has served his country well for almost 40 years, an accomplishment only done by someone who has great honor, courage and commitment.

After his retirement CAPT Crane will go to North Carolina where he and his wife have recently purchased a new home. "Neither of us have ever lived in North Carolina, but the military has been sending us to places we have not been for almost 40 years. I think we will adjust fine," said Crane.

He says he has no immediate plans after he retires, but if he finds something of interest he will do it. In the mean time he plans to take it easy for a while and learn about the new area.

"I have had a successful career and it could only be accomplished because of workers like those we have here, whether they be military or civilian. I thank each and every one of you," Crane said.

**The Change of Command Ceremony is Scheduled for OCT 25, 2002 at the base gym.**



Being one of the older players on the golf course also meant being one of the wiser ones. Far left, the Skipper places the ball on the green after teeing off on the 7th hole. Ribbon Cutting Ceremonies was one of the Skipper's favorite functions to attend. Left, the Skipper inaugurates the opening of the new gym.







AO2 Dave Morris to the left, directs the bomb loading crew to load the bomb in place.

# Loading the birds

## Combat Aircraft Loading

By JO2 Carmichael Yepez

*Editor*



At the end of the hernia bar AOAN Bret Bagozzi guides the 500 pound bomb while AOAN Chris Martin pushes the bomb in place.



In temperatures that reach more than 140 degrees on the Tarmac these Sailors fulfill the most essential part of what Naval Aviators come here to do. Everyday Weapon teams load thousands of pounds of explosive ordnance on some of the Navy's top fighter aircraft so that our pilots can train for air to ground weapons delivery and maintain operational readiness for the fleet.



Above: AO1 John Cleary holds the bomb in place while the rest of the crew locks the bomb in place. Below: It takes a crew of six to load each Mark-82 bomb



Above: The weapons team transports a bomb from the weapons trailer to the weapons station on the aircraft. Left AO3 Joshua Brister loads 20mm rounds into the M-61 A-1 Gun. Below: A crew member hooks the hernia bar to the bomb to make it easier to transport.



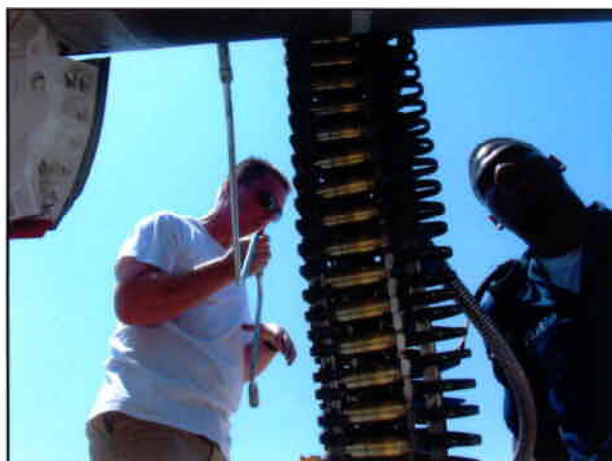




# at the Area (Cala)



Below: Bombs on the weapons trailer before being loaded on to the FA-18 Jets.



Top right: VFA Gunner cranks 20mm rounds into the gun system while AO3 Joshua Brister ensures the bullets do not get stuck. Right: An airman is arming the wire fuse which will detonate the bomb when it hits the target.



## STRIKE Weapons Loading Team



They work day, or night. They don't even crunch under the hot sun when temperatures reach more than 140 degrees. Drenched in a constant pour of sweat, these Sailors are always ready to meet the challenge. From left to right bottom row: AO2 Jimmy Groseclose, AO2 Dave Morris, AO3 Michael Simer, and AOAN Chris Martin. Top row from left to right: AO1 John Cleary, Derrick Smith, AO1 Freddie Walker, AOAN Bret Bagozzi, and AO2 Juan Gonzalez.

## Are they really good for you?

By HM2 James Abeyta  
Medical Dept.

Dietary Supplements:

Dietary and herbal supplements are found everywhere - in food, drinks, pills and powders. Navy Medicine advises personnel to get all the facts when using these products. Supplements, like prescription and over the counter products, can have side effects. Like other drugs, service members should understand the implications of taking these products.

Over the years a number of side effects related to dietary and herbal supplements have been reported. Hazards range from nervousness and dizziness to heart attack, seizures, and even death. The Army has linked the cardiac related death of a soldier to the use of dietary supplements Ma Huang and Guarana. Unlike prescriptions medications, dietary supplements aren't required to undergo FDA testing and approval.

It's best to consult with your healthcare provider before starting a regimen with dietary supplements to ensure you don't experience unwanted side effects.

## LES On Line

After November Leave and Earning Statements (LES) will no longer be delivered on paper. Sailors will have to log on to the internet to download statements. If you have not logged on yet, go to <https://emss.dfos.mil/emss/>. For more information, or further assistance contact YN1 Michael Martin at Ext. 2544





# How much more will you be getting paid in 2003

By YN1 Michael Martin  
Command Yeoman

The Fiscal Year 2003 National Defense Authorization bill provides for a 4.1% military pay

raise, with targeted increases for mid-grad and senior non-commissioned officers and mid-grade officers that go as high as 6.5%. It also provides for an estimated \$10 billion for military

construction and family of housing costs. Overall, the bill authorizes over \$380 billion for DoD during Fiscal Year 2003. This marks the fifth consecutive year of real increases to the defense budget.

PAY GRADE	<2	2	3	4	6	8	10	12	14	16	18	20	22
O-10	366.74	379.64	379.64	379.64	379.64	394.20	394.20	416.05	416.05	445.85	445.85	475.68	478.0
O-9	325.03	333.34	340.65	340.65	340.65	349.31	349.31	363.85	363.85	394.20	394.20	416.05	422.0
O-8	294.39	304.03	310.42	312.21	320.18	333.54	336.64	349.31	352.95	363.85	379.64	394.20	403.9
O-7	244.62	261.24	261.24	272.91	272.97	280.45	289.10	297.73	306.38	333.54	356.49	356.49	356.4
O-6	181.30	199.17	212.25	212.25	213.06	222.17	223.39	223.39	233.86	258.53	271.71	284.88	292.3
O-5	300.65	370.26	382.05	384.27	391.60	393.75	392.88	329.76	231.95	235.99	242.68	249.27	256.7
O-4	287.25	350.96	361.93	363.28	372.62	381.77	382.29	271.16	280.09	215.48	217.73	217.73	217.2
O-3	114.66	129.99	140.29	144.94	193.79	203.51	171.53	182.09	186.53	186.53	186.53	186.53	186.5
O-2	99.06	112.83	129.95	134.33	137.11	137.11	137.11	137.11	137.11	137.11	137.11	137.11	137.1
O-1	86.00	89.51	108.18	108.18	108.18	108.18	108.18	108.18	108.18	108.18	108.18	108.18	108.1

## COMMISSIONED OFFICERS WITH OVER 4 YEARS ACTIVE DUTY SERVICE AS AN ENLISTED WARRANT OFFICER

PAY GRADE	<2	2	3	4	6	8	10	12	14	16	18	20	22
O-1E	0.00	0.00	0.00	184.94	193.79	203.51	173.53	182.09	189.30	193.42	199.06	199.06	199.0
O-2E	0.00	0.00	0.00	134.33	137.11	141.46	148.83	154.52	158.77	158.77	158.77	158.77	158.7
O-3E	0.00	0.00	0.00	108.18	115.55	119.81	124.17	128.46	134.33	134.33	134.33	134.33	134.3

PAY GRADE	<2	2	3	4	6	8	10	12	14	16	18	20	22
W-5	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	201.59	210.38
W-4	110.47	127.45	131.12	134.72	140.92	147.05	153.25	159.46	165.56	171.56	177.71	183.71	189.94
W-3	108.19	117.34	117.34	118.85	123.71	129.25	136.57	141.02	213.50	221.63	229.72	237.82	168.0
W-2	95.18	100.61	105.36	108.82	111.78	117.88	164.14	170.16	176.02	136.04	140.99	145.95	150.88
W-1	84.05	90.92	95.51	98.51	159.71	157.48	150.58	156.75	121.51	126.16	130.79	134.28	134.2

## ENLISTED MEMBERS

PAY GRADE	<2	2	3	4	6	8	10	12	14	16	18	20	22
E-9	0.00	0.00	0.00	0.00	0.00	0.00	140.38	143.55	147.58	152.30	157.05	236.65	245.90
E-8	0.00	0.00	0.00	0.00	0.00	117.18	120.56	123.74	127.51	131.62	215.48	203.22	214.38
E-7	81.46	88.93	92.31	95.63	99.11	105.08	108.45	111.78	182.52	188.02	193.38	125.35	131.27
E-6	69.74	78.70	80.10	83.38	86.81	146.54	140.24	145.04	137.46	104.88	106.71	106.71	106.71
E-5	64.02	68.28	71.57	74.97	78.43	121.81	126.61	89.95	89.95	89.95	89.95	89.95	89.95
E-4	59.19	62.23	65.38	68.89	71.84	71.84	71.84	71.84	71.84	71.84	71.84	71.84	71.84
E-3	53.44	56.80	60.21	60.21	60.21	60.21	60.21	60.21	60.21	60.21	60.21	60.21	60.21
E-2	50.81	50.81	50.81	50.81	50.81	50.81	50.81	50.81	50.81	50.81	50.81	50.81	50.81
E-1	45.33	45.33	45.33	45.33	45.33	45.33	45.33	45.33	45.33	45.33	45.33	45.33	45.33
E-1A	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00

## Yard Work...is it worth it?

Photos by Pattie Crew

Housing Inspector, Tony Hunt presents the awardees with their Yard of the Month certificate.



Senior Officer: LT Richard Braunbeck



Senior Enlisted: AMHC Valentin Deatras



Junior Enlisted: AT3 Gerald Moritz

By Pattie Crew  
Navy Housing

Doing yard work in the middle of the summer in El Centro is probably the one thing that could "almost" make you terminate shore duty and go back to the ship! Only one more month of this intense heat and it's smooth sailing. Please be safe and do your yard early in the morning or late in the evening and drink that H2O! I'm sure you are aware by now that self-



help is open on Saturdays 0730-1530 for a trial period of 3 months. Every Monday the Housing Office will be covering self-help since that is Keith's day off. Please be patient, we will leave for Bldg 313 as soon as you call. There is a small mountain of lava rock, so bring a bucket and a shovel, a little muscle and take advantage of it while it lasts.

Congratulations to August's Yard of the Month winners with a special category this month for "Most Improved".  
Senior Officer: Lt Braunbeck  
Senior Enlisted: AMHC Deatras  
Junior Enlisted: AT3 Moritz

Most Improved: SGT Reid

Once more I would like you to update your housing folder with new telephone numbers, additions to your family (including pets) and promotions. Housing and CBH have new phone numbers.

Housing: 339-2920

Self-help: 339-2929

CBH Front Desk: 339-2935

As always "Take care of yourselves and take care of your shipmates".

*Have your birthday placed on the command channel. Call 339-2519*





# Navy League Welcomes Admiral Betancourt

By JO2 Carmichael Yopez

Editor

"I don't think I've ever eaten a steak that big," said RADM Jose Luis Betancourt, Commander, Navy Region Southwest during the Navy League dinner at the Mirage Club on Monday August 5, where he was the guest speaker.

For more than ten years the El Centro Navy League has been holding their monthly dinner receptions at the Mirage Club. Initiated in 1950, their mission has been to foster interest in maintaining a strong national defense by educating and informing the local community regarding the role of sea power as a vital element of the continuing freedom of the United States. "We are like the civilian arm of the Navy," said David Stockings, Imperial Valley Navy League Council President.

One of the main events during the monthly dinners is to recognize NAF Sailors by presenting them with awards, certificates, and savings bonds. Hospital Corpsman 3<sup>rd</sup> Class



William Blair was July's Junior Sailor of the Month and was awarded a \$50 bond certificate by the Navy League.

During Thanksgiving the Navy League also provides turkeys for Sailors on base. And when the Go-Kart Track was inaugurated, they donated the Go-Karts for the track. "We try to contribute whenever possible and whenever we can," said Stockings.

RADM Betancourt was very impressed

with the support the Navy League provides for NAF. "I am very fond of what you do," Betancourt said. "Since 1942 this base has played a big role in providing training to our pilots. It is so valuable because of its location. I'm sure this base still gets complaints, but compared to the big cities, it is great. I can say I am very proud of this base not only because of its importance for our training mission, but also because it has had a great success in cleaning up the environment. The Chief of Naval Operations has nominated this base three times in a row for their environmental restoration program."

Before returning to his seat, the Admiral was presented with the T-Bone Award by Stockings. "I enjoyed the food very much," said Betancourt "I don't think I've ever eaten a steak that big. I really enjoyed this time."

"We are very impressed with the Admiral," said Stockings. "He is a great gentlemen, a great speaker and very easy to get along with."

## Will we hit the Bull's eye...an alcohol free Navy

### The Right Spirit Alcohol Deglamorization

By JO2 Carmichael Yopez

Editor

Although the Navy was the last organization to recognize alcoholism as a disease, today the Navy is recognized as a leader in alcohol treatment and prevention of alcohol abuse.

Confronting the alcohol problem and eliminating abuse has become the Navy's goal with the implementation of the "Right Spirit Campaign." The initial goal is to deglamorize alcohol and teach responsibility, but the ultimate vision is to reach an alcohol free Navy within the next 20 years.

According to HMC Bruce Gray, Command DAPA at Balboa Naval Medical Center, the Right Spirit Campaign is about teaching responsibility. "The vision is to avoid losing Sailors from alcohol related incidents. Substance abuse in the Navy has resulted in lost

productivity, lost man-hours, and losing Sailors because of disciplinary action, and automobile accidents," said Gray. Alcohol is the intoxicating ingredient in alcoholic beverages.

Chemically, it is ethyl alcohol. Medically, it is a depressant drug that slows the activity of the brain. It impairs judgment, diminishes motor and perceptive skills, causes slurred speech, disorientation, passing out, and may cause serious loss of feeling, and ultimately death.

"If alcohol is causing problems, then alcohol is a problem," said Gray. Alcohol abuse is consumption that harms or endangers the drinker or others.

When Sailors are showing up to work late because of the previous night's drinking, or showing up to work still intoxicated, alcohol has become a problem. This results in loss of productivity and costs the

Navy millions of dollars each year. If a Sailor is kicked out of the Navy because of an alcohol related incident, it is going to take a long time for a replacement. His co-workers have to pick up the slack by standing longer watches and working more hours to make up for the lost body. At a small command like NAF El Centro, this can have a big effect.

Other problems related to alcohol abuse include domestic violence, suicide, health problems, malnutrition, and increased risk of birth defects. Alcoholism afflicts 1

in 10 drinkers. It is characterized by the uncontrolled use of alcohol. Alcoholics often suffer from blackouts and personality changes. They need to drink more and more for the same effect. Yet, they often deny they have a problem.

The Right Spirit Campaign emphasizes the personal responsibility to recognize the effects of alcohol use on others, and on your career. Abstinence, a designated driver, and not drinking and driving are some of the steps the Right Spirit Campaign is promoting as part of being a responsible person and a responsible drinker. Ultimately, the Navy is working toward enhancing fleet readiness, a safe and productive working environment, and improving quality of life for Sailors and their families. For more information on the Right Spirit Campaign, contact the Command DAPA ACC Ashenfelter at (760) 339-2672.





# MWR Activities for September - October

## COSMIC BOWLING

Bldg. 485  
Phone 339-5285  
Daily hours 1000-2200  
Jam to your favorite music while you are bowling. For party packages call 339-2575



## AUTO HOBBY SHOP

Bldg. 362 Phone 339-2689  
Tuesday-Thursday 1000-1800  
Friday and Saturday 0800-1600  
Closed Holidays

## YOUTH CENTER

Bldg. 305  
Phone 339-2644  
Winter hours  
Monday-Friday 0545-0815  
and 1330-1700

## GO-KART TRACK

Thursday-Sunday 1800-2200  
A 10-minute ride for only \$4.

## THEATER

Bldg. 203  
Phone 339-2440  
Friday and Saturday 1900-2100

## CHILD DEVELOPMENT CENTER

3001 Monterey  
Phone 339-2560  
Monday-Friday 0545-1700  
Play games, or log on to the Internet, or just sit and watch some TV only at the  
**CYBER CAFE**

Bldg. 202  
Phone 339-2559  
Sunday-Thursday 1100-2200  
Friday & Saturday 1100-2400  
Holidays 1200-1800  
**DRIVING RANGE AND BATTING CAGES**  
Bldg. 485  
Open from Dawn to Dusk

## OLYMPIC SIZE POOL

Bldg. 375  
Phone 339-2487  
Open Daily 1100-1900

## SMALL POOL

Bldg. 227  
Phone 339-2582  
Open Daily 1000-2000  
\*Pool rental is only \$50 for pool parties. Catering is available through the Mirage Club. For reservations contact Becky at 339-2330.

## LIBRARY

Bldg. 110  
Phone 339-2470  
Monday & Friday 0900-1700  
Tuesday-Thursday 1100-1900  
Closed Saturday, Sundays, and holidays

## FITNESS CENTER

Bldg. 327 Phone 339-2501  
Weekdays 0500 to 2300  
Saturday and Sunday 0800-1600  
Closed Holidays  
Aerobics and Kick Boxing every Monday, Wednesday, and Thursday  
from 0600-0715, for more information call Joann @ 339-2501.

## GEAR ISSUE AND RV PARK

Bldg. 318  
Phone 339-2486  
Monday-Friday 0800-1630  
Closed Saturday, Sunday, and holidays  
Did you know you can rent anything from a Jet Ski to all the necessary items to go camping?

## Movies playing this month

Fri 6, 7 p.m. Toy Story G

Sat 7, 5 p.m. Bad Company PG-13  
7 p.m. Windtalkers R

Fri 13, 5 p.m. Beetlejuice PG

Sat 14 5 p.m. Scorpion King PG-13  
7 p.m. Murder by Numbers R

Fri 20 7 p.m. Race to Space PG

Sat 21 5 p.m. Men in Black PG-13  
7 p.m. Scream R

Fri 27 7 p.m. Star Wars Attack the Clones PG

Sat 28 5 p.m. Divine Secrets of the Ya Ya Sisterhood PG-13  
7 p.m. Fright Night R

## Shining Star



CAPT Crane and MWR Director, Jerry Meregiliano were proud to recognize Joe Conner for his dedicated service aboard NAF El Centro. Joe, the Manager of Gear Issue, was chosen from 2300 employees, region wide for the Star Service Employee of the Month for August. Joe has exceeded a high level of customer service at Gear Issue, one which is a bench mark for NAF El Centro.





# Navy's newest jet

## The Super Hornet comes to NAF

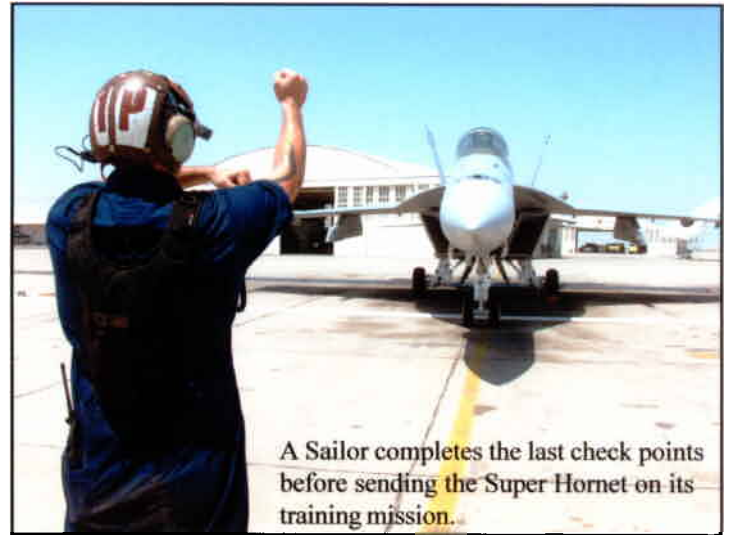
By **JO2 Carmichael Yopez**  
Editor

The F/A-18E/F Super Hornet made its debut in December of 1998. After the successful completion of an operational evaluation, in November of 1999, the nation's first Super Hornet squadron – VFA-122 – was formed at Naval Air Station Lemoore, Calif.

VFA-122 is a fleet replacement squadron responsible for training pilots, aircrew and maintenance personnel for the Super Hornet. In early 2001 the first class of Super Hornet instructor pilots was ready to perform its jobs and by spring of 2002 the first fleet squadron of Super Hornets was ready to deploy.

The Super Hornet is a maritime strike attack aircraft. Compared to its predecessor, the F/A-18C/D, the Super Hornet is 25 percent larger. The single-seat F/A-18E and the two-seat F/A-18F can fly further range with more weapons and greater power providing improved survivability. It has bigger engines, and carries a 33 percent more fuel capacity extending its flying radius up to 40 percent.

"We are the primary training location for (VFA-122's) strike phase of training," said LT Richard Braunbeck, Officer In Charge at Strike Fighter Wing Pacific Maintenance Unit. "They are going to be one of our supported squadrons from now on. This was their second time



A Sailor completes the last check points before sending the Super Hornet on its training mission.

here and we expect them to come at least three times a year."

This goes to show how important NAF El Centro has become. Three hundred and sixty-five days of sunny weather, almost zero encroachment, and the proximity of the bombing

ranges make NAF one of the best training facilities on the West Coast. NAF El Centro is not only the training ground for the newest attack aircraft in the Navy, but also for training squadrons from around the world.

# NAF's Origami Master



It takes Petty Officer Pitka a few minutes to create small shapes out of plain paper.

By **JO2 Carmichael Yopez**  
Editor

No one really knows when and where the art of origami was invented, but many historians claim the origin is Japanese. For centuries the art was transmitted via an oral tradition, with the recreational design being passed from mother to daughter. Because nothing was written down, only the simplest

designs were kept. The first written instructions appeared in 1797 A.D. with a publication titled "Thousand Crane Folding" which was part of a Japanese encyclopedia. It was first known as orikata, which means, "folded shapes," but the name was later changed to orukami from the words oru (to fold) and kami (paper), but known to the western world as origami.

Today, many master paper folders can be found in places around the world including Naval Air Facility

El Centro. Hospital Corpsman 3<sup>rd</sup> Class Petty Officer Robert Pitka, from Branch Medical Clinic is an origami master. "I was in the 9<sup>th</sup> grade when I picked up one of my teacher's books on origami and I have been folding paper ever since," said Pitka.

As he walked into my office for the interview, he sat next to my desk, picked up a small piece of paper and within a few minutes

created a bird. It was like magic. Within a few more minutes, out of another small piece of paper, he created another three-dimensional figure. Pitka says most of the simple figures like birds, hearts and flowers take anywhere from two to five minutes to create, but the more complicated ones may take up to half an hour. Since he began folding paper more than eight years ago, he has created hundreds of shapes out of paper.

A native of Marshall, Alaska, Pitka says origami is a fun hobby to have. "All you need is a piece of paper, a napkin, or a dollar bill, and you can begin to work. It keeps me from getting bored and the good thing is that you can do it wherever you are. On a plane, at home, or wherever you happen to be."

Pitka says he enjoys astounding people with his creations, but he is still learning and is looking forward to learning more. If you are interested in this hobby, there are many websites on origami on the Internet. Or if you happen to run into Petty Officer Pitka, he says that if he's got a little time to spare he always enjoys teaching others to fold.

Want to see a previous edition of the Sandpaper. Log on to <http://extra.nafec.navy.mil/> (Our internal website). Go to Departments, then PAO.



AO2 Marvin Tifre received his fourth Good Conduct Medal



AC3 Adrian Garza received a Good Conduct Medal



HM3 William Blair from Medical was presented with \$50 for being selected as Junior Sailor of the Month during the Navy League Dinner in August.

## Attention to Quarters



From Left to right: CDR Pete Hayes presents AZ3 Tracy Mummert, AC3 Raul Suarez, ACAN William Stephens, AT3 David Williams, and AO2 Paul Chickowski with Letters of Appreciation for volunteering with the Desert Dolphins.



AC3 Joseph Carandang received a Good Conduct Medal



AC2 Paul Simmons received a Good Conduct Medal

Quarters was held August 15 at the base theatre. CAPT Crane was not present as he was at the Executive Steering Committee with the rest of the CO's in the Region making decisions about standard policies and budget issues. However, Executive Officer CDR Pete Hayes was there in place to congratulate and present the awards to the Sailors at NAF. Among some of the top awardees were two reservist recalled for

operation Noble Eagle. Operations Specialist Chief Sean O'Connor received a Navy Achievement Medal, and Master at Arms 1st Class Petty Officer Miriam Adams received her third Navy Achievement Medal and a letter of Commendation, for selection as Sailor of the Quarter. This was the last quarters they would attend. The last of the 20 reservist recalled the NAF will be gone by the end of September.



Commissary Store Director, Chris Thomas, presents a \$1,500 Scholarship Award to winner Gabrielle Pascua. She is accompanied by her parents, Frank and Myrna Pascua.

## A Notch Up

On Friday August 16, Lieutenant Junior Grade Ernuel Miranda, Supply Officer, was promoted to Lieutenant at a not so common Promotion Ceremony where almost everyone

stood at attention only half dressed. In the background CDR Pete Hayes and ENS Karen Nordine stand at attention while CAPT Crane reads the oath. Bottom right. Mrs. Miranda pins the new bars on "Teninete" Miranda.



## Welcome Aboard



Welcome Aboard to our new Sailors and their families. From left to right: AO3 Jason Hickingbottom, MASA Michael Lynn, AT3 Kenneth Seawood, HM3 Joseph Mustafa, MASN Michael Burke, AO3(SW) Domonic Flores, MASN Cory Bankston, AOAN Erin Smalley, and AOAN Tiant Foreman.